



Safe Food Handling Practices During COVID-19

For additional COVID-19 Guidance, please visit the California Department of Education (CDE) COVID-19 Guidance in the Child Nutrition Programs (CNP) web page at <https://www.cde.ca.gov/ls/nu/cnp/covid19guidance.asp>

Receiving and transporting foods to bring home:

- Keep hot food at or above 135°F—place in an insulated container during transport if possible.
- Keep cold food at or below 41°F— place in a cooler with a cold source such as ice or frozen gel packs during transport if possible.

Storing and preparing foods:

- Immediately refrigerate or freeze any foods that will not be consumed within two hours of arriving home.
- Designate separate preparation areas in the kitchen for raw and cooked foods.
- Never place cooked food back on the same plate or cutting board that held raw food.
- Wash cutting boards, dishes, utensils, and counters frequently with hot, soapy water.
- Wash hands with soap and warm water for at least 20 seconds before and after handling food.

Reheating foods:

- Use the stove, oven, microwave to reheat food to 165°F.
- Bring sauces, soups, and gravies to a boil.

How long to keep foods:

- Discard refrigerated foods after four days.
- Discard food left out at room temperature for more than two hours.



Be Food Safe! Prepare with Care:

- **CLEAN:** Wash hands, utensils, cutting boards, and countertops often.
- **SEPARATE:** Keep raw meat, seafood, and poultry away from ready-to-eat foods.
- **COOK:** Cook food to the correct temperature. Use a food thermometer.
- **CHILL:** Refrigerate promptly.

Resources:

- The U.S. Department of Agriculture (USDA) Food Safety and Inspection Service: <https://www.fsis.usda.gov/>
- The National Resource Center on Nutrition and Aging: <https://seniornutrition.acl.gov/>

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